

Success College
of Applied Arts and Technology
Established in 1893

Earn \$50,000 per year.

Call now for more information on our Correctional and Policing programs!
Next program starting in September
Success College - Halifax

www.thinksuccess.ca
1-866-429-3497

The world's largest global newspaper

metro

HALIFAX • TUESDAY, AUGUST 5, 2008

metronews.ca

Celebrity pg14



Closeups banned on Pam's new show

News page 2

Man dead after hit and run

Olympics page 9



Hoping to make a splash

News page 3

Mayor takes a dip in harbour

Entertainment page 12



Actress fighting breast cancer

Your Money page 7

The joys of tax-free saving

World page 5

Bomb attacks kill 16 police in Western China

Natal Day **Rubes on parade**



The Rube Band, from Saskatoon, Sask., plays in yesterday's Natal Day parade in Halifax. Thousands of people lined the parade route between Halifax and Dartmouth.

Transportation plans lacking, experts say

City, province must work toward 'imagining our future': Dal prof

JENNIFER TAPLIN
jennifer.taplin@metronews.ca



"In HRM ... we're still lacking a really comprehensive vision for transportation."

Laena Garrison, Ecology Action Centre

To some residents, fast ferries are just fast fixes.

HRM needs a long-term vision for transit, said Laena Garrison with the Ecology Action Centre. "In HRM, the regional plan is a good first start, but we're still lacking a really comprehensive vision for transportation."

The issue came up at last week's Citizens for Halifax meeting where Frank Palermo, a professor of planning at Dalhousie University, said the fast ferry is just a reaction to a commuting

problem.

"We have to find a way of imagining our future," he said.

But the whole province, not just the urban areas, needs a plan, said Halifax MP Alexa McDonough.

"It's also necessary for the province to step up to the plate because we need some kind of overall approach to urban and rural transit," she said.

"There's a complete vacuum

there at the present and that's what a lot of these initiatives are trying to get at so we need a coordinated strategy."

McDonough stood beside national NDP Leader Jack Layton on Thursday as he pledged federal money for public transit. She said city council is lacking vision and leadership.

"But we do have an election coming and hope springs eternal," she said.

Mayor Peter Kelly said they do have a plan for transit — a five-year, \$150 million strategy in fact.

"That's a clear vision, clear direction and it's a clear desire to enhance what we have as dollars permit," he said.

The objectives are to boost rural transit, add more rapid transit, plus add new buses to the fleet to keep up with demand.

"We're looking at trying to ensure that we reduce the timeframes involved with going from place to place, trying to reduce the overcrowding on some of these runs, and we're trying to enhance the service to make it more user friendly," Kelly said.



The used vehicle buyer as we see him

Where the buying experience is as good as new. gmoptimum.ca



Chebucto Road, from the roundabout to Mumford Road, will be closed today, tomorrow and Thursday between 9 a.m. and 4 p.m. Crews are putting in a sidewalk, curb, gutter and overhead utilities. **METRO HALIFAX**

Local



N.S. sees jump in overseas visitors

Nova Scotia had 3,500 fewer visitors this June, a two per cent drop over last year. A 14 per cent drop in American tourists was only partially offset by an 18 per cent jump in overseas visitors. So far this year, 824,000 people have visited the province.

METRO HALIFAX

Hundreds turn out for a sip and a stroll

Good tunes, drinks highlight Natal Day and Bridge Walk

JON TATTIE
for Metro Halifax



Maritimers drink more tea than any other Canadians, and a few hundred turned out to do just that with the mayor at the Halifax Public Gardens yesterday.

Despite the conspicuous lack of actual tea, the Mayor's Natal Day Tea Party pulled in a big crowd as moody skies threatened to spoil the festivities. Free cold drinks and cookies were on offer, as was a military brass band in the band stand. Lt.-Gov. Mayann Francis put in an appearance, along with Mayor Peter Kelly and Halifax Downtown Coun. Dawn Sloane.

After the Natal Day parade crossed the Macdonald bridge from Halifax into Dartmouth, the 53-year-old



Dawn Sloane, councillor for Halifax Downtown, tempts volunteer Peter Mathewson at Mayor's Natal Day Tea Party in the Public Gardens yesterday.

structure was turned over to foot traffic for the annual Bridge Walk.

Among the hundreds of walkers, dogs and strollers were John Alphonse and the Waterfront Stompers Dixieland Band.

The 10-piece marching band split into two, leaving one half on the Dartmouth end of the bridge to entertain walkers while the other half crossed over to Halifax. The group later met in the middle for an impromptu

concert.

"We play the Bridge Walk each year, and we have for the last 20 years," band-leader Alphonse said. "This is just a great day for us."

The band thoughtfully stopped outside the window of a friend on the Dartmouth side and supplied a rousing mid-afternoon wake-up call.

While the sun won out yesterday, the promise of stormy weather Sunday led to the cancellation of the fireworks.

"Unfortunately, due the logistical and infrastructure requirements needed to prepare and execute ... fireworks, they will not be postponed and are cancelled," explained Clyde Paul, chairman of the Halifax-Dartmouth Natal Day Committee.



John Alphonse and the Waterfront Stompers Dixieland band play on the Macdonald bridge yesterday. The Stompers are Bruce Froom (from left), John Hollis, John Alphonse, Jimmy White and Pierre Devilliers.

Driver struck walking from broken-down car

DEATH A 29-year-old man died after a highway hit and run on Friday.

Jason John Rines of Lakeview died of his injuries Saturday in hospital.

His car broke down on Highway 102, about 300 metres south of the Exit Seven at Enfield.

Sgt. Mark Gallagher, RCMP said at some point, Rines was smoking a cigarette with someone near his vehicle, but he was alone when he was struck at around 9:15 p.m.

Rines was walking to look for help, and he wasn't far from his vehicle when he was hit, Gallagher said. The vehicle sped off.

Witnesses

- Despite the number of cars on the road, few if any witnesses have come forward, police say.

RCMP are urging witnesses to come forward to help them piece together what happened.

"It's a heavily travelled portion of highway so we're hoping that someone would have seen something unusual and if they can recall anything, it would be very helpful to the investigators," he said.

An autopsy was scheduled on Sunday.

JENNIFER TAPLIN/METRO HALIFAX

Keith Urban's time limit on council agenda today

JENNIFER TAPLIN
jennifertaplin@metronews.ca



There's no doubt it's going to be loud downtown on Aug. 30 — it's just a matter of how late it will go.

The promoters of Keith Urban — Country Rocks 2008 want to rock later than 11 p.m., which is the time dictated by the noise bylaw.

Council will consider making an exemption for the concert and cleanup at a public hearing today.

Emmerson Dowe isn't expecting to get much sleep that night. When the Rolling Stones played

Grounds upkeep

- Two acres of carpet will be rolled out to protect the grounds and return it to its natural condition after the concert.

the Common in 2006, he was kept up until 4 a.m. It wasn't the noise outside, he said, but the parties in his apartment building that were the problem.

But in terms of the concert noise, he said it's loud, but he can handle it.

"It's only for one day," he said. "As long as I can get my car out and go to work, that's fine."

On a notice on their website, the city acknowledged there may be noise and access issues on the day of the concert. Traffic planning details haven't been announced, but the city is encouraging residents to use routes away from the Common and public transit to ease congestion.

"It doesn't bother me at all," said Nick Boss, who also lives in the area.

He plans to watch the concert at the home of a friend who has a good view.

The concert stage will be located on the east side of the north common, halfway between Cogswell and Curd streets.

News in brief

INVASION A home invasion in Guysborough County led to three arrests Sunday morning. Police responded to a 9-1-1 call from the homeowner in Heatherton reporting three people had entered his home. A brief struggle ensued and

the would-be thieves fled empty handed. RCMP believe the perpetrators and the homeowner know each other. Police reported arresting two adults and one young person.

METRO HALIFAX

Victim taken to hospital after violent mugging

INJURIES A man was beaten and robbed in Dartmouth yesterday morning.

At around 1:30 a.m., a 47-year-old man was walking on a pathway in the Primrose and Crystal Drive area of Dartmouth.

Two men approached him and demanded his wallet.

Then they threw him to the ground and kicked him.

They left him with minor injuries to his head

and he was taken to the hospital for treatment.

Police are describing the suspects as black men in their late teens to early 20s who were wearing dark clothing.

METRO HALIFAX

Tomorrow's Metro



Helsinki bound?

Metro news correspondents offer an essential guide if you are planning a trip to the capital of Finland.

metronews.ca

What's online today.

Read Allan Small's investment advice, a recap of the weekend's Lollapalooza music festival in Chicago, and reviews of the video games Overlord: Raising Hell and NCAA Football 09
Watch MetroTube of the Day — video you need to see
Play online Sudoku!

Funds keep Saint John ferry afloat

Ottawa and the provincial governments of Nova Scotia and New Brunswick have sunk \$13.1 million into keeping the Digby-Saint John ferry afloat. It's a two-year deal that will keep the ferry going till Jan. 31, 2011. **METRO HALIFAX**

Beach opening makes splash

Cleanup project making many harbour areas swimmable once again

PAUL MCLEOD

paul.mcleod@metronews.ca

Colleen Murphy used to swim in the harbour decades ago. On Saturday, she was back.

"We had a wharf out there. We used to jump off of it all day long," she said at the re-opening ceremony of Dingle Beach. "It's just nice to be back in there. It's a piece of history."

Despite rain and cold weather, dozens of people took the plunge into waters at the Dingle and nearby Black Rock Beach, which are now swimmable thanks to the \$333-million Harbour Solutions project.

Mayor Peter Kelly was clearly enjoying the moment.

"This time last year when you looked in you wouldn't even contemplate going near the water," he said. "But today when you walk by there's no smell, no

brown floatables, no white fish. It is a nice, clear, clean body of water."

The beaches had long been too polluted for people, after years of 200 million litres of sewage per day flowing into the harbour. But with two waste treatment plans online and a third nearing completion, recent testing showed the water was again safe to swim in.

Kelly called the project money well spent, and said costs would have been much higher had they waited.

"In Victoria right now they haven't moved forward and their costs are expected to be \$1.4 billion. If we had waited again for another five or six million years this cost would have doubled or tripled as well. Probably closer to the \$1 billion mark," he said.

A third beach nearby, Horseshoe Beach, is currently being tested and is



Peter Kelly wades into Dingle Beach Saturday amidst other swimmers who came out for the beach's reopening party.

expected to open soon. Kelly said the project may not be done, and could see a \$90 million expansion to include secondary treatment.

Robbery**Man threatens clerks with needle**

STORE A man holding a syringe with what he said was HIV-infected blood robbed a pharmacy Thursday night. At around 10:30 p.m., the man threatened two clerks with the syringe and demanded narcotics at the Shoppers Drug Mart on Spring Garden Road. One of the clerks handed him a pill bottle and the man left. The suspect is described as 5'10" tall with scruffy facial hair. He had a medium build and was in his 20s or early 30s.

METRO HALIFAX

News in brief

CAUGHT Police arrested a second person in relation to the pawn shop armed robbery on Canada Day. Police arrested a 15-year-old youth on Thursday. Three men, one armed with a gun, robbed the National Exchange on Portland street on July 1st. A 17-year-old man was arrested on July 25th, and police say they are still investigating.

METRO HALIFAX

Casino fined for violations

GAMBLING Casino Nova Scotia's gamble in hiring a card dealer rejected by the province and three other violations cost it \$75,000 in fines.

The Nova Scotia Utility and Review Board more than doubled the recommended \$10,000 fine to Metropolitan Entertainment Group and its parent company, Great Canadian Gaming Corp., for employing an unregistered part-time card dealer between June 2005 and January 2007. The casino operator was dinged \$25,000 for the "oversight."

"It is difficult to understand how an individual who was refused registration as a gaming assistant could be employed at the Halifax Casino."

Nova Scotia Utility and Review Board

"It is difficult to understand how an individual who was refused registration as a gaming assistant

could be employed at the Halifax casino for any period of time, let alone the time frame noted above," the July 31 decision says.

The board said the registration process is to protect gamblers from the possibility of cheating.

Another \$15,000 of the fine was for allowing two of Great Canadian Gaming Corp.'s staff to audit the Halifax casino without registering with the Labour Department's alcohol and gaming division. A variety of other charges netted the remaining \$35,000. **METRO HALIFAX**

Man punched at home before theft

ASSAULT A punch in the face greeted a man who opened his door on Thursday night. Two men approached a house in the 5600 block of Drummond Court in Halifax just before 10 p.m. The victim fled out his back door after the punch, and when he returned home later, he found several items missing. **METRO HALIFAX**

News in brief

PROSTITUTION Police searched and shut down a brothel in Dartmouth on Thursday. They searched a Fairbanks Street house and arrested a 56-year-old woman.

METRO HALIFAX

Multiple charges laid in jail escape

CRIME The man whose escape from jail ended in a three-car crash on Highway 107 in Dartmouth last Wednesday has been charged with a variety of offences.

Raymond Gary Stroud, 25, was charged Friday with escaping from lawful custody, assault with a weapon, assaulting police, flight from police, dangerous operation of a motor vehicle, failure to stop at the scene of an accident, theft over \$5000, possession of stolen property over \$5000 and three counts of breach of probation.

Stroud, of Dartmouth,

was being held on a charge of breaching house arrest last Wednesday. When another prisoner threatened to hurt himself, all the officers in the booking area rushed to stop him. Stroud took the opportunity to walk out the door of the Gittington Street station.

Stroud was spotted by police on Thursday, allegedly driving a stolen vehicle with a female passenger. He eluded the cops until the crash just after 5 p.m. Police allege he hit a Halifax officer with the stolen car. The officer was not seriously injured.

METRO HALIFAX

AIR CANADA VACATIONS

Save up to 40% on short getaways

*Escapades***Nassau, Bahamas**

EARN 2,080 AEROPLAN MILES* PER MEMBER

Sheraton Cable Beach Resort • 4★

Resort view rm. • Sept. 15, 18, 19 & 26 • 3 nts.

FREE breakfast for two daily

via Toronto

\$699

Plus taxes & other fees: \$287.

Las Vegas

EARN 1,750 AEROPLAN MILES* PER MEMBER

Harrah's Las Vegas • 3 1/2★

Standard rm. • Sept. 3, 10, 15 & 21 • 3 nts.

Receive \$50 resort credit per room, per stay

via Toronto

\$739

Plus taxes & other fees: \$196.

Boston

EARN 1,000 AEROPLAN MILES* PER MEMBER

Boston Marriott Copley Place • 3★

Standard rm. • Aug. 24, 25 & 31 • 2 nts.

\$799

Plus taxes & other fees: \$106.

aeroplan

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between August 5 & 9/08. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. *Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger, and are awarded on flight-inclusive travel only, and are per Aeroplan member. ■ Aeroplan is a registered trademark of Aeroplan Limited Partnership. Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

Drug abusers benefit just as much from HIV drugs as people who are infected sexually or some other way, Canadian researchers reported Sunday. Their findings contradict widespread worry that drug abusers cannot stick to treatment. In many places, drug users are less likely to be prescribed the lifesaving drugs. **REUTERS**

Canada

"The woman and the child had been stuck in the car and the car ran away in the water."

Sgt. Marc Butz of Quebec provincial police speaking about the search for a woman whose car plunged into a lake. Her son was found dead.



Drowning

Witnesses said the car went into the lake from a washed-out section of road in Quebec's eastern Témiscouata region.

SOURCE: CBC NEWS ONLINE

News in brief

B.C. FEET What appears to be another sneaker-clad human foot has washed ashore in waters near British Columbia, this time in Washington state, U.S. newspapers report. The RCMP has not confirmed the finding.

PLANE CRASH FIRE A fire broke out aboard a plane after it crashed Sunday on northern Vancouver Island. The pilot and four of six passengers were killed, a survivor said yesterday.

QUEBEC FLOODS Provincial cabinet ministers toured flood-stricken areas of Quebec yesterday and promised the government would help those in need. Some areas received as much as 70 millimetres.

CUBAN DEFECTORS Three Cuban baseball players defected last week during a junior tournament in Canada, Former Cuban leader Fidel Castro said in an Internet column this weekend. **METRO NEWS SERVICES**



They shouldn't have to live with our garbage.

Join the TD Great Canadian Shoreline Cleanup

Help thousands of Canadians from coast to coast as we clean the shores of our ponds, streams, rivers, lakes and oceans between September 20 and 28, 2008.

Register by August 31 at vanaqua.org/cleanup or call 1-877-427-2422 and you could win a Canadian Sailing Expeditions cruise.¹



PETA supporter Pamela Anderson ended her feud with the fast food giant yesterday and ordered a faux chicken sandwich at a KFC in Vancouver.

Pam keen on new KFC bird

JEFF HODSON
Metro Canada

One of B.C.'s biggest stars ended her public feud with fast-food giant KFC in Vancouver yesterday.

Pamela Anderson rolled up to a KFC on Davie Street just after noon yesterday to mark the end of a Canadian campaign against KFC by the People for Ethical Treatment of Animals (PETA).

"The colonel would be pleased to have Pamela Anderson support his new faux-fried chicken sandwich."

Nicole Matthews

"The colonel would be pleased to have Pamela Anderson support his new faux-fried chicken sandwich," said Nicole Matthews, a campaigner with PETA.

Amid a swarm of cameras, she marched into the restaurant, ordered a new faux-chicken vegetarian sandwich and wolfed it down on the sidewalk while giving photographers the thumbs up.

Accused on suicide watch

JEFF CUMMINGS
Metro Canada

BEHEADING A 40-year-old Edmonton man accused of repeatedly stabbing and beheading 22-year-old Winnipegger Tim McLean in a Greyhound bus remains on suicide watch, says an employee at the Winnipeg Remand Centre.

During a brief phone interview with Metro yesterday, the employee said Vince Li has been moved

into the centre's segregation unit and is currently being watched by five guards.

"That's all I can say at this point," said the employee who wanted to remain anonymous.

Li, who faces a second-degree murder charge, has refused to speak to a lawyer and admitted he's suicidal. Li, who had no previous history with police according to Mounties, is expected to make another appearance in court.

¹ Canadian Sailing Expedition travel package (approximate retail value of CDN \$10,000) will be awarded to a randomly selected winner. Odds of winning depend on the number of eligible entries received. Open to Canadian residents over age of majority. Skill-testing question required. No purchase necessary. Contest ends 11:59:59 p.m. Pacific Time on August 31, 2008. Full Rules are available at www.vanaqua.org/cleanup ©1986 Panda symbol WWF-World Wide Fund For Nature (also known as World Wildlife Fund) ® "WWF" is a WWF Registered Trademark

Vitamin C a cancer fighter?

Vitamin C might be useful to treat cancer after all, according to a U.S. study published yesterday in which injections of high doses of it greatly reduced the rate of tumour growth in mice. **REUTERS**

5

World



Freeman in serious condition

Oscar-winning U.S. actor Morgan Freeman was hospitalized in serious condition yesterday with a broken arm and other injuries after the car he was driving careened off a rural highway in Mississippi and rolled several times, authorities said. Freeman's injuries included a broken arm, a broken elbow and "minor shoulder damage," but the actor "was in good spirits when I spoke with him" at the hospital trauma centre in Memphis, his publicist, Donna Lee, told Reuters in a statement. **REUTERS**

Climber safe after 11 die

K2 Rescuers have reached an Italian mountaineer who refused to succumb to frostbite and exhaustion on K2 after 11 other climbers perished on the world's second-highest mountain, a Pakistani guide said yesterday. "Marco (Confortola) is being accompanied by four rescuers and most probably, he'll be brought tonight to ... an altitude of 6,000 metres," a Pakistani guide said from K2 base camp.

Edouard ravages Gulf of Mexico

STORM Tropical storm Edouard disrupted shipping, cut refinery production and shut some offshore oil and gas output yesterday as it churned across the Gulf of Mexico toward the upper Texas Coast today. **REUTERS**

Bombs kill 16 Chinese police

Cops, soldiers ready for Olympic opening

Suspected Muslim separatists with homemade bombs killed 16 police in Western China yesterday, state media said, reporting one of the worst attacks by militants on Chinese soil just four days before the Olympics.

The attack, about 4,000 kilometres from the capital in the old Silk Road city of Kashgar, was a reminder of internal tensions in China, especially in its largely Muslim west.

Police had warned ethnic Uighur separatists were planning attacks in the run-up to the Games. They

Return of the smog

• Beijing's pollution-fuelled haze was back yesterday after three rare blue-sky days, but authorities said air quality was fairly good. The Communist

government says drastic measures — like ordering nearly 2 million of the city's cars off the road and closing smoke-belching factories — have helped.

said they arrested the two attackers in Kashgar and identified them as Uighurs.

China's President Hu Jintao told a meeting of the International Olympic Committee (IOC) the Games would display the desire of the world's most populous country to join with the rest of the planet

in "building a bright future."

About 100,000 police and soldiers are on standby ahead of Friday's opening ceremony, and security has been stepped up in Tiananmen Square, scene of the 1989 pro-democracy uprising, with all visitors' bags being screened. **REUTERS**

Russia Author mourned



Children leave flowers at the gates to the house of Alexander Solzhenitsyn, an author critical of the tyranny of the Soviet rule, in the outskirts of Moscow. Solzhenitsyn died of heart failure late Sunday in his home outside Moscow at the age of 89. **REUTERS**

News in brief

ENVIRONMENT An assessment for an IUCN "Red List" of endangered species released yesterday found that 48 per cent of the world's monkeys and apes are facing a worsening threat of extinction because of deforestation and hunting.

HOSTAGES Hely Meja Mendoza, a senior member of Colombia's FARC guerrillas, has been charged for his role in the hostage-taking of three Americans who were rescued last month, the U.S. Justice Department said yesterday. **REUTERS**

No Matter Where You Call, No Matter What You Pay, Comwave Will Beat It... Guaranteed!

Latin America

COLUMBIA 5¢	URUGUAY 7¢
-------------	------------

Argentina...2.9 ¢
Brazil...4.9 ¢
Cuba...85 ¢
Ecuador...12.9 ¢
Peru...16.9 ¢

Middle East

JORDAN 4¢	LEBANON 9¢
-----------	------------

Saudi Arabia...3.9 ¢
Syria...18.9 ¢
U.A.E...19.9 ¢
Egypt...14.9 ¢
Iran...3.9 ¢
Israel...2.9 ¢

South Asia

INDIA 6¢	PAKISTAN 5¢
----------	-------------

Afghanistan...24.9 ¢
Bangladesh...3.9 ¢
Nepal...19.9 ¢
Sri Lanka...11.9 ¢

Even if you are paying less, call us and we'll beat it... **GUARANTEED!**

Limited Time Offer

Call Now And Get **\$25** Free Long Distance To Anywhere In The World

Call Long Distance Even From Your Cell Phone

- ✓ No need to cancel your service plan
- ✓ 140 Free Long Distance for every \$5 and you retain your card only

Unlimited Calling To Anywhere In Canada

You can even call from your cell phone!

\$5

Fully Featured Home Phone Lines 2 Great Plans

VPhone Enhanced
\$14.95
Unlimited Local Calling

VPhone One Rate
\$29.95
Unlimited Long Distance to Canada and USA

- Caller ID
- Voicemail
- Call Forwarding
- Call Waiting
- Keep Your Existing Phone Number
- Free iPhone to iPhone calls WORLDWIDE!

And Much More!



Call Now And Get **FREE** One Month Of Phone Service



1-866-519-8090

www.comwave.ca

Oil fell to a three-month low yesterday, pressured by evidence of rising OPEC output in the midst of declining demand in the United States and Europe. The losses extended a steep slide from the mid-July peak above \$147 a barrel. **REUTERS**

Business

DOLLAR (Friday)

Canadian dollar did not trade in Canada yesterday.

C\$	\$97.36 US
US\$	\$1.0271

OIL



\$121.41 US
\$3.69

HISAVE Savings Account

3.40% C\$

Apply online: icicibank.ca

ICICI Bank

All interest rates are expressed on a per annum basis and are subject to change any time without notice. Interest on HISAVE Savings Account is calculated on the daily opening balance and paid monthly. ICICI Bank and logo and the HISAVE name are registered trademarks.

THE DAILY BUSINESS BUZZ

Emera's earnings rise:

Emera Inc. says its consolidated net earnings were \$42.9 million in Q2 2008, up from \$34.1 million for the same period in 2007.

More jobs expected:

Nova Scotia Business Inc.'s sixth annual report shows an increase in jobs. About 4,300 jobs are expected to be created and retained by NSBI

clients within the next five years.

Signage for hospitals:

Local entrepreneurs Jay Aird and Mike Beauchamp from Volt Media have acquired the rights for all advertising signage for hospitals across Nova Scotia and New Brunswick. The ads will include posters, elevator signage, and wall posters in high-traffic areas in the hospitals.

Get the full stories delivered to your inbox every morning by signing up for the Daily Business Buzz www.nsbj.ca

'Day traders' return

A growing number of Canadians are becoming "active traders," embracing volatile stock markets instead of shying away, say discount brokerages.

While active traders — those who buy or sell at least 10 times a month — make up only about 3 per cent of an estimated three million online accounts in Canada, they are responsi-

Active traders vs. day traders

• John See at TD Bank Financial Group says active traders are older, better-educated and wealthier than the day traders of the 1990s and have interest in fundamentals. Their demographic is also shifting to women and immigrants, particularly Chinese.

ble for about a third of overall trading volume.

Experts say recruits are getting on board because of vastly improved technology, a plethora of avail-

able research and sizeable fee reductions in recent months. Most brokerages slashed fees to less than \$10 a trade last fall.

TORSTAR NEWS SERVICE

Pension fears rise as GM sputters

PROBLEMS As General Motors Corp. struggles with its massive financial problems, company pensioners and senior employees in Canada fear monthly payouts would be slashed dramatically if the auto giant goes into Chapter 11 bankruptcy protection U.S.

Actuaries estimate GM's pension plan for 43,717 hourly rated employees, retirees and survivors in Canada would be short 43.5 per cent of the money needed to pay all pension promises if GM failed, based on estimates as of November of 2006.

TORSTAR NEWS SERVICE

METRO Halifax

3260 Barrington Street, Suite 102
Halifax, NS B3K 0B5
Tel: 902-444-4444
Fax: 902-422-5610

Advertising: 902-421-5824

adinfohalifax@metronews.ca

Editorial:

metrohalifaxinfo@metronews.ca

Distribution inquiries:

halifax_distribution@metronews.ca

metro_inquiries@metronews.ca

halifaxletters@metronews.ca

Local:

Publisher, Greg Lutes

Managing Editor, Rachel Boomer

rachel.boomer@metronews.ca

Marketing Manager, Christina Edwards

Sales Manager, Dianne Curran

Distribution Manager, Irma Moore

National:

Group Publisher, Bill McDonald

Editor-in-Chief, Dianne Rinehart

Art Director, Laila Hakim

National Sales Director, Susan Courtney

Interactive Director, Jodi Brown



Metro is the world's largest newspaper, with more than 20 million daily readers in 100 major cities in 21 countries. metronews.ca

METRO NEWS SERVICES

In brief

AUTO SALES In what one analyst described as "gravity defying," Canadian vehicle sales and leases climbed 5 per cent, or more than 7,000 vehicles, to 149,515 cars and trucks during July from the same month last year. That's in sharp contrast to the U.S., where several players including General Motors, Toyota and Ford, posted double-digit declines for the month.

PIPELINE TransCanada Corp. on Friday won Alaskan legislative approval to build and operate a huge pipeline to ship natural gas from the North Slope to a network feeding domestic markets. TransCanada estimated the project will cost \$26 billion, and start shipping natural gas in 2018. Consultants put the estimate at \$31 billion.

Nuclear India inspection plan



Mohammad Shabaz, Pakistan's ambassador to the International Atomic Energy Agency answers questions from reporters at UN headquarters in Vienna. The UN nuclear watchdog chief said Friday a basic inspection plan for India met safeguards standards and talks had begun on a system of extended checks, boosting prospects for a U.S.-India nuclear trade pact.

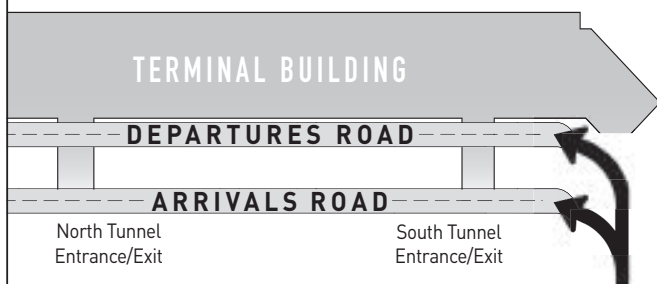
SHABAZ/REUTERS/DAVID J. PHILLIPS

Honda facing supply shortage

CARS Honda Motor Co. said yesterday its output of passenger cars would fall short of demand at least to next March as fuel prices force customers to look for smaller cars. To ease the shortage, Honda plans to transfer production in Ontario of the Ridgeline pickup truck to Alabama to make more room for Civics in Canada by the end of the year.

REUTERS

You Take the High Road. I'll Take the Low Road.



If you're meeting or dropping off your true love (or other bonnie folk) at Halifax Stanfield International Airport, you need to take the right road.

Picking someone up?

Use the new lower arrivals road near the tunnel exits.

Dropping someone off?

Use the upper departures road closest to the airport terminal building.



Watch for the new roadway signs at the airport. And as construction at the airport continues, build some extra time into your travel plans.

Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.0%	0.2%	3.4%	3.0%	3.05%	2.75%	2.25%	0.05%

business 7

Your Money

New tax-free savings accounts a great idea

SmartCookies



We'll admit we did a little happy dance when we heard that the federal government will be offering tax-free savings accounts (TFSA) to taxpayers 18 years and older in 2009.

Let's be real — it's not every day our government introduces a new tax savings vehicle.

You can be sure that we'll be some of the first in line to register and we think you should be too.

With the introduction of tax-free savings accounts, the government hopes to motivate Canadians to contribute towards their savings. As of January 1, 2009, Canadians will be able to deposit up to \$5,000 each year into these new tax-free savings accounts.

The accounts will enable

"Unlike an RRSP, Canadians will not be penalized for withdrawals. In fact, withdrawing funds will create space for future contributions — we love it!"

individuals to save for future investments, perhaps a new home, car or child's education, and earn interest on these funds without being taxed on the earnings.

Similar to an RRSP, unused savings contributions can be carried forward to the next year. So if you don't contribute \$5,000 one year, you can contribute more than \$5,000 the next year.

And, unlike an RRSP, Canadians will not be penalized for withdrawals.

In fact, withdrawing funds will create space for future contributions — we love it!

We became even more excited when we started crunching the numbers and worked out the potential tax savings.

Because the interest income earned within a TF-

SA will not be taxed, a Smart Cookie contributing \$200 a month to a TFSA for 20 years will accumulate about \$11,045 more in savings than if the investment had been made in a taxable savings account.

We're sure you could find creative ways to put \$11,000 to good use.

Already a number of major Canadian banks are gearing up to offer these tax-free savings accounts.

For example, ING Direct, one of our favorite institutions for GICs and high interest accounts, has begun promoting the top 10 benefits of the tax-free savings account.

So if you weren't motivated to save before, you have less than six months to get ready to save and invest in a bright new future. As our friends at ING say, there's no such thing as savers' remorse.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investment Perspective

Allan Small

Read this week's column at metronews.ca

CENTURY COMPUTER

Projector Rentals
daily from just
423-2500
\$79

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

The not-so-fine line between a hobby and a commercial enterprise

Q I've worked in retail for more than four years. However, my passion is photography. This year, I spent more than \$3,000 on photographic equipment which I used extensively on my last vacation. My boyfriend suggests I register a business and deduct these as costs. Is that possible?

Teresa

A Expenses incurred for the purpose of earning business income may be deducted for tax purposes.

These would include such costs as advertising, office supplies, accounting and legal fees, auto expenses, material costs, etc.

A family trip to Disney and pictures with Mickey would not be deductible.

Costs incurred in the enjoyment of an individual's hobby are not deductible for tax purposes. The act of registering a business in itself does not necessarily mean the entity qualifies as a

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

"Costs incurred in the enjoyment of a hobby are not deductible for tax purposes."

the tax courts may use in determining if expenses are legitimate claims:

- Expenses incurred for earning income.
- Reasonable expectation of profit.
- Intention of individuals.
- Time devoted to business enterprise.
- Capital utilized.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcg@yahoo.ca.



Bayshore
Home Health

Bayshore Home Health is a Canadian owned company that is a leader in home and community health services. Our belief is that all our employees can make a difference through their actions and commitment to service excellence. We foster continuous learning and improvement, and a participative culture in which each employee's individuality and contribution are valued. Our caregivers enjoy competitive remuneration, benefits packages, flexible hours and diverse assignments. Bayshore has been awarded the external staffing contract for all staff categories at Capital District Health.



JOB FAIR > July 30 & 31 • August 6 & 7 > Noon - 9:00 pm

Bayshore is providing health care staff as required by the hospitals of Capital District Health (CDHA). We have an immediate need to fill shifts at CDHA hospitals on a relief basis in the following positions:

RNs

Responsible for monitoring and delivering nursing care to patients in accordance with internal and external professional practice standards. Active participant in interdisciplinary care team.

LPNs

Responsible for delivering nursing care in collaboration with the RN, in accordance with professional practice standards.

Better care for a better life

Orderlies/Patient Support Workers/Personal Care Workers

Minimum of one year experience as an orderly, patient support worker or personal care worker, preferably in an institutional environment.

Sitters/Patient Attendants

Responsible for constant observation of patient and to communicate to RN/LPN on patient needs. Under the direction of RN/LPN, provide comfort measures to patient such as meal assistance, positioning assistance, ambulation assistance.

Unit Clerks/Unit Aides

Experience needed in admission/discharge transfer, diet ordering, medical record processing, booking/registration and paging.

If you are interested in any of these opportunities, we invite you to attend our Job Fair and bring a current resume, including names of two professional references. Interviews will be conducted on the spot.

If you are unable to attend, please send your resume to:

Karen Lloyd, Human Resources Coordinator
Email: halifax@bayshore.ca • Fax 902.425.8554

*Emails must state "RESUME" in Subject line.
www.bayshore.ca

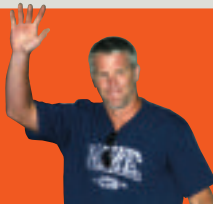
**Holiday Inn
Guild Hall
1980 Robie Street
Halifax, NS
902.423.1161**

All accepted applicants will be entered into a draw to win a TELEVISION set.

Boston Red Sox left-hander Jon Lester was named the American League's Pitcher of the Month for July, posting a 3-0 record with a 2.05 earned run average. For the season, Lester is 10-3 with a 3.14 ERA and 101 strikeouts in 146½ frames. **METRO NEWS SERVICES**

Sports

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA



Favre reinstated, back with Packers

The NFL officially reinstated veteran quarterback Brett Favre, left, yesterday, clearing the way for his return to the Green Bay Packers. NFL commissioner Roger Goodell's announcement ended constant media speculation on the 38-year-old's playing status after he had retired earlier this year. Meanwhile Goodell has completed his review of tampering charges levied by the Green Bay Packers against the Minnesota Vikings involving quarterback Favre and said no league rules were violated.

Don't expect a golden Games

YorkReport

Marty York

marty.york@metronews.ca

With apologies to world-champion kayaker Adam van Koeverden, and perhaps a few others in this country, there will be no gold medals for Canadians at the coming Olympics in Beijing.

So says Daniel K. N. Johnson, an economics professor from B.C. who devised a formula in 1999 that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

Johnson is predicting Canada will finish 16th in Beijing. Before the Athens Olympics in 2004, he predicted the United States would win 103 medals, including 37 golds. The U.S. team wound up with exactly 103 medals, 35 of which were gold. His formula's

Professor Daniel Johnson's predictions

- U.S.A.: 103 medals, 33 gold
- Russia: 95 medals, 28 gold
- China: 89 medals, 44 gold
- Germany: 66 medals, 18 gold
- Japan: 37 medals, 16 gold
- Hungary: 31 medals, 10 gold
- Italy: 29 medals, eight gold
- G. Britain: 28 medals, three gold

- France: 27 medals, five gold
- Australia: 26 medals, two gold
- S. Korea: 24 medals, six gold
- Poland: 24 medals, six gold
- Bulgaria: 23 medals, six gold
- Netherlands: 22 medals, six gold
- Sweden: 19 medals, six gold
- Canada: 17 medals, no gold

overall medal accuracy exceeds 94 per cent.

Johnson, who teaches at Colorado College, uses a formula that considers per-capita income, population, climate, political structure and home-nation advantage.

"We use no information about athletes, about their training programs, about how they've done in previous games," Johnson said. "It's just pure economics."

His formula's success rate has beaten "every bookie on the market," he said. "It's beaten Sports Illustrated and all the Olympic committees, national and international. It surprises even us that such a simple model performs

so very well."

Ron Lancaster was a great CFL quarterback but he also smoked a lot and, sadly, we're told he's battling lung cancer. He personally asked former Tiger-Cat assistant coach John Salavantis to replace him recently as Hamilton's radio analyst ... Speaking of the Ticats, don't be surprised if Charlie Taaffe is replaced as their head coach if his team loses to the Toronto Argonauts Thursday ... And don't be surprised also if Doug Berry is out as the Blue Bombers' head coach if Winnipeg loses to the Montreal Alouettes Friday. ... Both Hamilton and Winnipeg are three-point un-

derdogs at home this week ... And how the heck did referee Jake Ireland make yet another blunder by believing Calgary linebacker Jojuan Armour deliberately knocked down an umpire early in the Stampeders' loss Saturday? How could Ireland eject Armour? Isn't it time for the CFL to eject Ireland? Permanently?

ESPN's E.J. Hradek on the Vancouver Canucks: "They're going nowhere. (New general manager) Mike Gillis doesn't know what he's doing."

Rogers Sportsnet's and CBC's Rance Mulliniks on ex-superstar Carl Yastrzemski: "He literally carried the Boston Red Sox on his back in 1967."

Literally? Man, they must have been heavy.

When will the networks pull the plug on Mulliniks? He's almost as embarrassing to them as Ireland is to the CFL.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.



Lindsay Carson from Cambridge, Ont. heads for the finish line in the MacPass Miles elite women's race on Sunday. Carson finished first in the women's race while Blake Bolden from Iowa was the winner in the men's race.

Ontario native sets MacPass Mile record

PAUL MCLEOD
paul.mcleod@metronews.ca

against mainly would be Jessica."

Blake Bolden of Iowa won the men's race with a time of 4:08.

About 700 people registered in various divisions for the race across the MacDonal Bridge. But racers had to contend with a thick fog that severely limited their visibility.

Still, it didn't hinder Carson's plan to kick it into high gear with about 400 metres remaining.

"I had run the bridge earlier that week just to get a feel for the distance and where I wanted to make my move. So it was just about looking for those key points. It was a very surreal experience for sure with the fog, but it was very nice," she said.

ATHLETICS She couldn't have predicted the fog, but everything else went according to plan for Lindsay Carson as she set a new record for the MacPass Mile women's elite race.

Carson, 19, of Cambridge, Ont. Came in at 4:40, breaking by one second her own record she set when she won last year. She finished nine seconds ahead of Jessica O'Connell, her frequent competitor who won the race in 2006.

"I've been competing with Jessica all year round," said Carson. "I'd win some races, she'd win some races ... I knew the girl I'd have to compete

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Toronto 6 Oakland 1
Cleveland 5 Tampa Bay 2
Kansas City 4 Boston 3
N.Y. Yankees at Texas
Baltimore at L.A. Angels
Minnesota at Seattle
NATIONAL LEAGUE
Cincinnati 6 Milwaukee 3
Houston at Chicago Cubs
Washington at Colorado
Pittsburgh at Arizona
Atlanta at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE
Oakland at Toronto, 8:07
Cleveland at Tampa Bay, 8:10
N.Y. Yankees at Texas, 9:05
Boston at Kansas City, 9:10
Detroit at Chicago White Sox, 9:11
Baltimore at L.A. Angels, 11:05
Minnesota at Seattle, 11:10
NATIONAL LEAGUE
Houston at Chicago Cubs, 3:20
Florida at Philadelphia, 8:05
San Diego at N.Y. Mets, 8:10
Milwaukee at Cincinnati, 8:10
L.A. Dodgers at St. Louis, 9:15
Washington at Colorado, 10:05
Pittsburgh at Arizona, 10:40
Atlanta at San Francisco, 11:15

CFL

	EAST DIVISION				
	W	L	T	PTS	
Montreal	3	3	0	6	
Toronto	3	3	0	6	
Winnipeg	1	5	0	2	
Hamilton	1	5	0	2	
	WEST DIVISION				
	W	L	T	PTS	
Saskatchewan	6	0	0	12	
Edmonton	4	2	0	8	
Calgary	3	3	0	6	
B.C.	3	3	0	6	

WEEK 6

FRIDAY'S RESULT

Toronto 19 Winnipeg 11

SATURDAY'S RESULT

Saskatchewan 22 Calgary 21

LOTTERIES

Friday, August 1, 2008

Lotto Super 7 1, 14, 24, 26, 31, 36 & 45. Bonus 13.

Saturday, August 2, 2008

Lotto 6/49 2, 9, 26, 44, 47 & 49. Bonus 34.

Results not official

Halladay leads Jays past A's

BLUE JAYS 6 ATHLETICS 1

MLB Matt Stairs finished 2-for-4 with an RBI, and starter Roy Halladay hurled eight solid innings as Toronto topped Oakland, 6-1, last night at the Rogers Centre.

Marco Scutaro, Lyle Overbay, Adam Lind and Brad Wilkerson drove in a run each for the Blue Jays.

Halladay (13-8) allowed four hits and one run while fanning eight.

METRO NEWS SERVICES



Toronto Blue Jays' David Eckstein, left, scores in the eighth inning despite the efforts of Oakland Athletics catcher Kurt Suzuki, right, to hang on to the ball with the tag in last night's game.

Anderson falls in national under-18 doubles finals

PAUL MCLEOD
paul.mcleod@metronews.ca

TENNIS It came down to a tiebreaker in the finals, but nerves and the competition held local tennis star Phil Anderson back from the Canadian 18-and-under doubles championship.

Halifax's Anderson, 18, and partner Nathaniel Gery from Ontario marched through the early round of the tournament without dropping a match. But they

were played tough in the finals by Eric Chung and Sebastien King of Quebec.

"We started off really good, we went up 4-2 at the break. We kept serving hard, but we kept hitting into their sweet spot," said Anderson.

The duo dropped the first set 6-4, but slowed things down and got back in it by taking the second set 6-3. However, in the final tiebreaker to 10 the team fell behind, eventually losing 10-6.

"Me and my partner were really nervous. We definitely should have won. We got a little tight, but that's alright. It was a good match," said Anderson.

Anderson has been in six national doubles finals and won them three times.

"I'm usually pretty good at going for it and being clutch. But this was the exact opposite this time. They really were playing like they had nothing to lose," he said.

Sports in brief

RACING Bad weather put a stop to Sunday's Lucas Oil 150 at Centre for Speed, near Shediac, N.B. Before the Carquest race was called off Enfield's Shawn Turple won the Dash for the Pole, featuring the top nine finishers in the Atlantic Tiltload Time Trials.

HOCKEY Peter-James Corsi appears ready to skip his 20-year-

old campaign in the Quebec Major Junior Hockey League. Corsi, a high-scoring centre who spent the past season-and-a-half with the Halifax Mooseheads before being dealt to the Drummondville Voltigeurs at June's draft, has signed with the East Coast Hockey League's Charlotte Checkers.

METRO HALIFAX

Women's soccer team takes to the field

The Canadian women's soccer team take on Argentina at 6 a.m. tomorrow to open their medal bid. **METRO NEWS SERVICES**

sports **9**

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Hayden looks to medal

Swimmer from Mission, B.C., hoping to make a splash at Olympics

MARTY YORK
Metro Canada



Only one Canadian, we're told, has any shot whatsoever of making a big splash in the swimming pool at the Olympic Games in Beijing.

He's a world champion — Brent Hayden of Mission, B.C. — but, frankly, we can't even be overly optimistic about his chances. "He should make the final," says Byron MacDonald, CBC's swimming analyst, "but I don't think he'll reach the podium."

So how can a 24-year-old world champion in the prime of his career not be a medal favourite?

Well, first, let's clarify: Hayden is actually the world's co-champion, because he and Italy's Filippo Magnini were co-winners of the men's 100-metre freestyle race during last season's world championships. Second, Hayden's best time of 48.30 would only place him ninth in the world at this point. And, third, Hayden suffered a back injury in the winter, which appears to have slowed him down — at least a bit.

And you wouldn't be-

lieve how he was hurt. It wasn't in a pool or in a gym. No, it happened while he was, er, modelling for a photo shoot. (He was promoting the Speedo LZR suit in Los Angeles in March.)

"All the hours of posing," he said. "The back just tightened up on me."

While he still competed at the Canadian Olympic trials in April and won his 100-metre freestyle race, Hayden was rushed afterward to hospital, where tests revealed a small, nerve-touching bulge in a lower-back disk.

Training has been difficult for him since, but he insists he's ready for the Olympics.

Even asthma, which he was diagnosed with two years ago, doesn't discourage him.

"There'll be no excuses," he said. "I'm going for gold."

As soon as he got gold at the 2007 world championships in Australia, Hayden became recognized as the one Canadian swimmer with a legitimate chance to earn an individual medal in Beijing. He is also a podium threat with the rest of the men's 4x200-metre freestyle team.

"There'll be no excuse. I'm going for gold."

Brent Hayden

The pressure's on, certainly, but "my relaxed attitude keeps me grounded," he said. "I want to win a medal and I'm not worried about what other people expect."

Hayden has overcome adversity before.

Shortly before his accomplishments in Australia, his grandfather died.

"He was the last person I was thinking about before I got onto the block and my first thought after I realized I won the gold medal," Hayden said. "It was really hard trying not to cry in my interviews because I knew I wasn't going to see him when I got home."

And shortly after swim-

ming in the Olympics in Athens four years ago, Hayden inadvertently walked into a street demonstration while out on the town and wound up being beaten by Greek police officers.

"I saw a psychologist because of that," he said. "It took me months to get over it. When I tried to get back into training, I'd have mental breakdowns and would start crying."

He hopes to be crying tears of joy in Beijing.

Tennis federation not happy with IOC

DECISION The International Tennis Federation is not pleased about a decision rendered by the Court of Arbitration for Sport ruling that German tennis player Rainer Schuettler will be allowed to compete in Beijing. **METRO NEWS SERVICES**

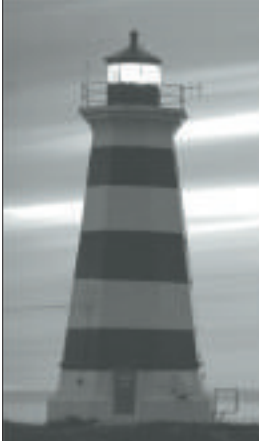
Tomorrow's lineup

NO EXCUSES Adam van Koeverden isn't suggesting carrying his country's colours will be detrimental to his success. Pick up tomorrow's Metro for more.

3 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

ATTENTION

Seasonal Tourism Businesses



If you own a seasonal tourist business you may be eligible to pay property taxes at 75% of the municipal commercial tax rate.

A seasonal tourist business is

- a restaurant, a roofed accommodation (hotel, motel, inn), or a campground
- closed for at least four months in the taxation year (April 1 to March 31). It is no longer necessary that the months be consecutive.

In order to be eligible for the reduced commercial tax rate, property owners must apply **each year** and demonstrate that their seasonally operated tourist business meets the criteria outlined in the application form.

The deadline for receiving applications is September 1.

Applications are available at www.pvsc.ca or can be picked up at any Property Valuation Services Corporation (PVSC) Office, Access Nova Scotia, or by calling 1-800-529-7708.

Questions?
Call 1-800-529-7708.

NOVA SCOTIA
Service Nova Scotia
and Municipal Relations



World champion Brent Hayden, of Mission, B.C., suffered a back injury in the winter. But that's not going to keep him from trying to win a gold medal in Beijing, he says.

Sweetened fruit drinks are often marketed as a healthier alternative to non-diet soft drinks but are just as likely to cause weight gain and increase the risk of diabetes, researchers said last week. **REUTERS**

Health



Increased stroke risk

Non-smokers married to smokers have a greatly increased chance of having strokes, according to a U.S. study published last week showing yet another hazard from second-hand smoke. Being married to a smoker raised the stroke risk by 42 per cent in people who have never smoked compared to those married to someone who never smoked, the researchers said.

REUTERS

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

More prevention tips for urinary tract infections

Other tips, adapted from the College of Family Physicians of Canada website, include:

- Don't hold your urine; go to the bathroom as soon as you need to.
- After a bowel movement,

wipe from front to back, as infection can spread from the anus to the urethra.

- Go pee right after having sex, to help wash away bacteria.
- Try using a water-based lu-

bricant, such as K-Y Jelly, during sex.

- Women who use a diaphragm are more susceptible to UTIs, so try a different method of birth control.

CELIA MILNE/FOR METRO CANADA

Going gets rough

Urinary tract infections can increase during the summer months, experts say

CELIA MILNE
for Metro Canada



Do you feel like you have to pee all the time? You're certainly not alone. You may have a bladder infection or an infection in another part of your urinary tract (urethra, ureters or kidneys).

Urinary tract infections are a common problem in women, and may be more prevalent in the summer.

"UTIs can arise if you're dehydrated, and there is definitely more dehydration in the summer months," says Dr. Dan Ezekiel, a family doctor in Vancouver. These infections often occur in women after sex and "maybe there is more sex going on in the summer," surmises Dr. Ezekiel.

Signs of a UTI are: burning sensation when you pee; needing to go pee often; feeling the urge to urinate even when you don't need to; leaking urine; blood in the urine; fever; feeling sick. If you have these signs, you should see a doctor, who can treat the infection with antibiotics and also rule out a more serious illness.

The best way to prevent UTIs is to drink plenty of fluids, as they will help flush away the infection. Cranberry juice — especially the unsweetened kind found in health food stores — is useful in helping prevent these infections. Dr. Ezekiel also suggests cleaning your genital area well and/or douching after having intercourse.



Two ways to prevent urinary tract infections are to drink plenty of fluids and to avoid holding your urine.

Heart&Stroke
OpenHeartOpen

PRESENTED BY:

Stanhope Simpson
INSURANCE LTD.

A round of applause to all of our above-par participants. We raised over \$45,000 on June 26, 2008.



DINNER SPONSOR:

PHILIPS

SUPPORTING SPONSORS:



AVIVA

Working together for a healthier world™



Lombard Canada

Cordis

RSA

Medtronic

WBLI
The World's Best Living Insurance

CONTRIBUTING SPONSORS:



SUGARLOAF SPRING RAIN

NOVARTIS
MEDICAL NUTRITION



Abbott



HEART & STROKE
FOUNDATION OF NOVA SCOTIA

Finding answers. For life.

www.heartandstroke.ns.ca

Have a *love/hate* relationship with chocolate?
There is a healthy way to indulge yourself!



Call Kim Potter, independant distributor

[phone] 902-835-8560

[moblie] 902-456-7955

www.healthyheartsmartchocolate.com



Art festival this weekend

The first ever Chester Art Festival takes place this weekend and will feature a number of local artists and guests, including Sir Christopher Ondaatje. **METRO NEWS SERVICES**

Entertainment



Bounce on the air

The Morning Bounce show had its first broadcast on 101.3 The Bounce FM on Friday. The morning crew for the city's newest station includes Frankie Hollywood, Jordan Knight and Amber.

METRO NEWS SERVICES

Blindness to open 28th annual film fest

Blindness, a film about a city ravaged by an epidemic of blindness, will open this year's 28th annual Atlantic Film Festival.

It will be screened as the NBC Universal Canada Opening Night Gala on Thursday, Sept. 11.

Julianne Moore, Mark Ruffalo, Gael Garcia Bernal and Danny Glover star in the film. It is directed by the Academy Award nominated Fernando Meirelles.

Blindness takes place in a

city where its citizens are being devastated by a plague of instant white blindness. Those afflicted by the condition are quarantined in an abandoned mental hospital, but a small group bands together to flee the horrific conditions.

The script was adapted from Nobel Laureate Jose Saramago's novel by Canadian filmmaker Don McKellar. The film premiered at the Cannes Film

Festival in May, and is a Canadian-Brazil coproduction.

Rinaldo said this year's Atlantic Film Festival's Strategic Partners program is focusing on Brazil, Mexico and Argentina, and will see producers and filmmakers from those countries meeting their counterparts in Canada in the hopes of creating new film deals.

The 10-day Atlantic Film Festival runs Sept. 11 through 20. More details of the festival will be announced in the week's ahead.

METRO HALIFAX



Julianne Moore, Mark Ruffalo and Don McKellar appear in the movie Blindness, which will open this year's Atlantic Film Festival.

Concert **The boys are back in town**



The Backstreet Boys were back in Halifax on Saturday night with a performance at the Metro Centre. The show opened with the boy band trading fake punches in a boxing ring. Shown in the photo are A.J. MacLean, Nick Carter and Brian Littrell. Opening for the Backstreet Boys was the all-female group, Girlicious.

DAVID TAYLOR/FOR METRO HALIFAX



SERVICE DIRECTORY

TO ADVERTISE CONTACT KRISTA RODGERS 421-5861, KRISTA.RODGERS@METRONEWS.CA

MOVING & DELIVERY

J.B. TRUCKING

Moving and Hauling

449.9550

SPECIALTY AUTO REPAIR

Scratches on your vehicle?
We can hide or eliminate most minor-moderate scratches using an affordable, high quality paint repair system. We even come to your door. Save time and money!
Call 292-5036 for a free estimate!

CHAT LINES

Live Talk 24/7
Canada's BEST Adult Chatline
(800) 711-2525
\$2 promo for 1st time callers

OFFICE CLEANERS

Do you need your office cleaned?

Please call 431-3232 or email delta@eastlink.ca
We specialize in carpet, restaurant and office cleaning

GETAWAYS

Take a break... ESCAPE!

207-775-0409 • Exit 46, Off I-95 90 Maine Mall Road, South Portland

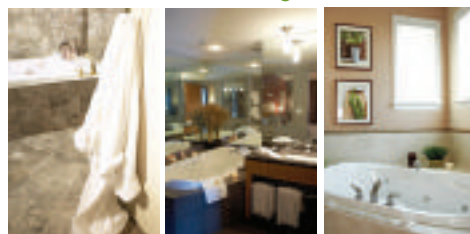


ONLY \$99.00* plus tax

per room/per night 1-4 persons when you mention this ad in "Metro Halifax"
(*Based on availability. Cannot combine with other discounts. Expires 10/25/08)

CONTRACTORS & RENOVATIONS

Concept to Completion Bathroom Re-modeling Contractors



Complete design-build bathroom renovations. Quality: Carpentry, cabinets, tile work, plumbing, electrical, and painting.

Call us for a free in home consultation and estimate. We complete all work to "Holmes on Homes Standards".

We guarantee our construction schedule.
902.497.1283

YOU COULD WIN 1 OF 40 DOUBLE PASSES

TO SEE AN ADVANCE SCREENING OF STAR WARS – THE CLONE WARS



VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 7, 2008. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.



Do it daily.



Princess Diaries co-star Matarazzo engaged

The Princess Diaries co-star Heather Matarazzo is engaged to Carolyn Murphy, whom she has been dating for more than a year. No wedding date has been announced. STARMAGAZINE.COM

DVD pick

The Counterfeiters

Director: **Stefan Ruzowitzky**
Stars: **August Diehl, Karl Markovics, David Striesow**

Rating: **R**

THE WINNER of this year's Oscar for Best Foreign-Language Film leaves no conscience unchallenged. A concentration camp drama based on historical events, it's the rare drama that blurs the line between light and dark. It's Ruzowitzky's retelling of The Devil's Workshop, the wartime memoirs of Adolf Burger, who was a member of Operation Bernhard, a secret Nazi project to bankrupt the economies of the U.S. and Britain. Extras include four deleted scenes, a director commentary and interviews that include revealing stories from the real Adolf Burger.

TORSTAR NEWS SERVICE

MoreOnline
metronews.ca

Help really is at hand

I've never understood paying a psychiatrist to explain what's wrong with me. I have relatives who'll do that for free.

But, if I'm feeling a little down I do spend an hour with a trained professional — Marni, my manicurist. When you're in Marni's chair, the only thing that might be blue is your polish.

Marni: "I dunno. Men. You can't live with them, you can't push them in front of a train. Ask my aunt. I told my fiancée I'm not going to work once we get married. Just sit home all day. You know what he said? 'That's OK by me, honey.'"

What's that about? I'd go crazy staying in that apartment. I said, "I have to get out, you know. Women need to work too." And he said, "If you want to work, that's OK." What am I supposed to do with that? He keeps changing his mind. Stick out your tongue. Oh that's bad. I read an article. You're not eating enough liver. Or too much. One or the other. I've got a recipe.

HineSight

Anne Hines



Put a chicken liver in a pan with the claws and beak and everything. You know, like usual.

Add mugwort. Whatever kind you got, you don't need the fancy type. Cook it over low, medium low, high heat. Take that look right out of your tongue. And, if you got any left, you can use it to clean your countertop. Works perfect.

What colour you want today? Not pink. You're a Leo. Pink isn't good for Leos. If you were Gemini you could have pink, no problem. For Leo, wearing pink saps your power. I read an article. Orange.

That's your power colour. Makes you virile. Or maybe agile. Either way it's good, eh?

My fiancée is giving me trouble. Keeps wanting to get married. I said we'll get married when we've been together a little longer. So far? Eight years. I don't want to rush into anything, you know? Today marriages last 22 years. I read an article. So, we get married when we're 60,

then no divorce. Who's got the energy to get divorced when they're 82? I mean besides my aunt, but she ate a ton of liver, you know?

OK, all done. Next time we'll do a pedicure. Women who get pedicures never have depression. It's true. I read an article."

And you know what? I believe her.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

"Today marriages last 22 years ... So, we get married when we're 60. Who's got the energy to get divorced when they're 82?"

Actress Applegate fights breast cancer

PEOPLE Actress Christina Applegate is fighting breast cancer, but expected to make a full recovery, her spokeswoman said.

Applegate, 36, was diagnosed with cancer during a regular MRI, spokeswoman Ame Van Iden said in an e-mail.

"Christina is following the recommended treatment of her doctors and will have a full recovery," Van Iden said.

Applegate, whose mother battled both breast and cervical cancer, has been an advocate for breast cancer research.

She rose to fame in the



Christina Applegate

1980s on Married ... With Children, won an Emmy for a guest role as Jennifer Aniston's sister on Friends, and now plays an amnesiac in her own sitcom, Samantha Who?

REUTERS

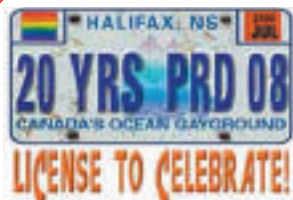
box office

Following are the Top 10 films at the North American box office for the weekend beginning Aug. 1, according to studio estimates:

1. **The Dark Knight, \$43.8 million US**
2. **The Mummy: Tomb of the Dragon Emperor, \$42.5 million**
3. **Step Brothers, \$16.3 million**

4. **Mamma Mia!, \$13.1 million**
5. **Journey to the Center of the Earth, \$6.9 million**
6. **Swing Vote, \$6.3 million**
7. **Hancock, \$5.2 million**
8. **WALL-E, \$4.7 million**
9. **The X-Files: I Want to Believe, \$3.4 million**
10. **Space Chimps, \$2.8 million**

REUTERS



Thank You!



We Can Do It!

Proud to be a Supporter of Our Community.

Rosie Porter
Realtor

cell 209-7073
www.rosiepc.ca

ROYAL LEPAGE
Atlantic

Boyerne Clarke PROUD SPONSOR OF HALIFAX PRIDE

CATHERINE D. A. WATSON & CATHERINE L. MEADE
LAWYERS FOR OUR COMMUNITY

Boyerne Clarke Barristers & Solicitors
Suite 700, 33 Alderney Drive, PO Box 836
Dartmouth, Nova Scotia, B3Y 3Z5
Tel: (902) 462-8900 Fax: (902) 462-7360

Catherine L. Meade - cmeade@boyneclark.ca
& Catherine D.A. Watson - cdawson@boyneclark.ca

www.boyneclark.ca

-Platinum Level-

Metro Halifax | Marriott Halifax Harbourfront | Casino Nova Scotia | Propeller Beer | Delta Hotels
Bounce FM | The Youth Project | Wayves | Wired & Lit Design

-Gold Level-

Hillcrest VW | Capital Health/IWH | Cruiseline | HRM | Pattison Outdoor | Emotion Pictures | TextStyle | Janet Kimber

-Silver Level-

Admiral Group | Leonard Preya MLA | Democracy 250 | Menz Bar | Mollies Diner | SeaDogs Sauna | Office Interiors
NS Rainbow Action Project | Reflections Cabaret | Bus Stop Theatre | Chives Canadian Bistro | Venus Envy

-Bronze Level-

Art Gallery Nova Scotia | Aids Coalition Nova Scotia | Fred | Gentle Touch | Ice Berg Vodka | Pictou County Lodge
Blue Moon Bistro | J Wells Salon | The Mermaid and The Cow | Halifax Sexual Health Center
Halifax Regional Water Commission | Rosemary Porter | Boyne Clarke | Staples Inc | Wickwire Holm

-Community Level-

Rivers Edge Camp Ground | Statement | Attica | The Loop | The Bookmark | Little Mysteries Book Store
Girlish Productions | My Mothers Bloomers | Denise Tompkins | Wilsons Fuels

-Friends Level-

Live Art Dance Productions | Chester Play House | Mecklenburg Inn | Festival Antigonish | HomeGrown Organics
Cyndi MacDonald Photography | HS Studio Salon Spa | Maritime Hobbies and Crafts | DeSerres Art Supplies
Downtown Halifax Business Commission

Film Festival

Pop singer Madonna presented I Am Because We Are, her documentary about Malawi orphans, at Michael Moore's Traverse City film festival in her home state of Michigan on Saturday. **BBC NEWS ONLINE**



Picking apart the Madness

MAD ALL OVER (AGAIN): The only time my vacation felt like exile was when I realized I'd be missing the season two premiere of AMC's *Mad Men*.

Thankfully, this is 2008, not 1962, and the magic of the internet will solve almost anything, though thanks to two weeks in the Nova Scotia countryside meant that I'd missed the final, fever pitch of the US\$8 million promotional campaign AMC put behind the show.

It apparently paid off, with nearly two million viewers tuning in for the return of Don Draper and the men and women of Sterling Cooper, though the numbers for Sunday's episode will tell how many new pairs of eyes *Mad Men* has retained.

For all the praise the show has received — and the critical consensus following the season debut was almost universally agog — it has to be remembered that *Mad Men*'s numbers are still a

fraction of, say, the average audience for an episode of *House*.

While the show's viewers are largely part of a demographic that advertisers crave — adult professionals earning more than \$100k a year — it remains to be seen whether simple economics might see the show succeed itself right off the schedule, proving itself a luxury, not an asset, for AMC.

IntelleVision



rick.mcginis@metronews.ca

In the meantime, the show has become a cultural event, influencing fashion — Michael Kors new line is openly influenced by the styles of the pre-Beatles early '60s, and department stores are scouring rental houses for Eames chairs and

Herman Miller office furniture for their *Mad Men* windows — while the prominent placement of a book of poetry by Frank O'Hara rocketed the book thousands of spots up on amazon.com.

Disappointment is my constant friend, but I can't say that creator Mark Weiner, the show's cast and writers have lapsed into complacency with the season's first two episodes.

Set barely a year and a half in the future from season one's finale, there are few new characters, but it's obvious that the women — especially the trio of Betty (January Jones), Peggy (Elizabeth Moss) and Joan (Christina Hendricks) — are going to feature more this season.

The men of *Mad Men* haven't proved to be as fascinating overall, though Paul Kinsey's beard is clearly a harbinger of coming social turmoil.

Still a brooding cipher despite the revelations of



Coming soon to *Mad Men*: The social upheaval of the 1960s.

the first season, the show's nominal protagonist, Jon Hamm's Draper, doesn't have much to offer so far besides some incipient health problems.

By Sunday's episode, Vincent Kartheiser's oily, opportunistic Pete was yielding more abundant dramatic dividends, and it's hard to imagine him

receding into the background, especially since he's one of the few employees of Sterling Cooper who, to quote Bob Dylan, doesn't need a weatherman to know which way the wind is blowing.

Rick McGinnis writes about music, movies, books and television, but not opera.

Fox orders fifth season of 'Dance'

TELEVISION Fox has ordered a fifth season of *So You Think You Can Dance*, the hit talent show from American Idol pair Simon Fuller and Nigel Lythgoe. The show's Wednesday and Thursday telecasts rank among the top 10 regular programs among total viewers.

Firth signs on for Dorian Gray

CASTING Mamma Mia! co-star Colin Firth has joined the cast of *Dorian Gray*, the retelling of the Oscar Wilde classic being directed by Oliver Parker. Based on *The Picture of Dorian Gray*, the story centres on a young man (played by Ben Barnes) who becomes the subject of a painting.

Nobel-winning writer dies

LITERATURE Alexander Solzhenitsyn, the Soviet dissident writer and Nobel prize winner who revealed the horror of Stalin's camps to the world, died Sunday at 89. Solzhenitsyn spent eight years in Stalin's camps and became a symbol of intellectual resistance to the Communist rule.

REUTERS

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/5/08	31	31	31	ABC News (N)	ABC Wild News	Inside Edition	Chronicle	Wipeout (N)		(10:01) I Survived a Japanese Game Show		
	7	7	7	ASN	Twice in a Lifetime	Wheel-Fortune	Jeopardy!	Celebrity Family Feud		America's Got Talent (N)		
	11	11	11	CBC	Coronation St.	Just-Gags	Rick Mercer	The Tudors "Episode 5"		CBC News: The National		The Hour
	2	2	2	CBC-F	Providence (HDTV) (SC)	Des squelettes	Tout	Beautés désempées (SC)		Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	NCIS "Angel of Death"		Big Brother 10 (N)		Without Trace
	69	69	69	CFTM	TVA 18 heures	Sûr-salé	Les Anges de la rénovation	Kmh (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	In Plain Sight (N)	Wipeout (N)		Big Brother 10 (N)		News (N)
	9	9	9	CJCH	eTalk	Jeopardy!	Canadian Idol	Criminal Minds (HDTV)		Without a Trace (HDTV)		News (N)
	10	10	10	ELTV	(6) EastLink Television			Podium TV		EastLink Television		
	36	36	36	FOX	The Simpsons	King of the Hill	Two/Half Men	Kitchen Nightmares (PA)		House (HDTV PA)		Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)		America's Got Talent (N)		
	29	29	29	NW	BBC World	Business	CBC News	Mansbridge	The Hour	CBC News: The National		Whale-Tale
	4	4	4	PBS-B	NewsHour With Jim Lehrer	John Denver: A Song's Best Friend		Chris Botti: Live				Rich Woman
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	BBC World	Nova (DVS)		Campaign TV	Wide Angle	
	68	68	68	TQS	Les Simpson	L'été est Flash	St-Madeleine	L'Arme fatale 2 *** (1989, Action)		Met Gibson, (SC)		110 pour cent
	23	23	23	BNN	Stars & Dogs	Business News		Workopolis TV	Talking Tax	Franklin Templeton		Market Call
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Cooper 360
	54	54	54	GOLF	Quest-Card	Inside PGA		Live From the PGA Championship		The Approach	Live From the PGA Champ.	
	52	52	52	RSE	Prime Time Sports			UFC 87 Countdown		European Poker Tour		Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On		To Be Announced		Basketball Australia vs. United States. From Shanghai, China.		Score Tonight
news	45	45	45	SPD	Unique Whips			Unique Whips		Low Life	SuperCars	Super Bikes!
	53	53	53	TSN	Off the Record	SportsCentre		MLB Baseball Oakland Athletics at Toronto Blue Jays. From Rogers Centre in Toronto.				SportsCentre
	43	43	43	FAM	Zoe 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han, Montana	Life Derek
	44	44	44	TOON	6teen	Johnny Test	George-Jungle	Tom & Jerry	6teen	Total Drama	Futuraama	Beavis, Butt
	26	26	26	TREE	Fifi-Flowerbots	Backyardigans	Ni Hao, Kai-lan	Night Grdn	The Wiggles	Franklin	Little Bear	Miss Spider
	27	27	27	YTV	Drake & Josh	Prank Patrol	Prank Patrol	Prank Patrol	Fries That?	Futuraama	Prank Patrol	Mystery Hnt.
	16	16	16	A&E	Cold Case Files		The First 48		The First 48 (HDTV)		The First 48 (HDTV) (N)	The Cleaner
	70	70	70	APTN	First Talk	News	Wilpogwad	La Course	Le vol de l'aigle		The Journey Richard Peter. (N)	Highlight
	50	50	50	BET	106 & Park: BET's Top 10 Live (N)			Hell Date	Nora's Hair Salon 2: A Cut Above (2008, Comedy)			Baldwin Hills
	37	37	37	BRVO	Street Legal "The Firm"		Bazart	BravoVideos	Smokey Joe's Cafe: The Songs of Leiber and Stoller			Rehearsal Hall
family	60	60	60	CLT	Help TV		The West Wing		True Murder	True Murder	Psychic Detect	Ext. Evidence
	25	25	25	CMT	Chevy Cross Canada Countdown			Beyond Chance			Reba	Hope & Faith
	49	49	49	COM	Laughs	Comics	Air Force	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park
	153	153	153	COURT	Missing Link Psychic.		The Investigators		The Practice "Goodbye"		Surviving-Impact	Investigators
	38	38	38	DISC	What's That About?		Daily Planet		How It's Made	How It's Made	Mighty Ships Vehicle carrier.	Deadliest
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist	The Stagers
	46	46	46	HIST	Disaster-Cent.	Masterminds	NCIS "Model Behavior"		Hiroshima *** (1995, Drama)	Lynne Adams.		NCIS
	17	17	17	MM	Punk'd	Gone Wild	So You Think You Can Dance		So You Think You Can Dance		Britney: Spared By the Paps	Instant Star
	19	19	19	MM	MusicProfile	mmmtop10.com		Uncovered			40 Hottest Hotties of the '90s	
	201	201	201	M1	(6:30) Death at a Funeral		(8:15) Dragon Wars * (2007, Action)		Jason Behr.		Harry Potter and the Order of the Phoenix	
cable variety	48	23	23	OLN	Don't Forget Your Passport		Exploration	Videos	Survivor		Angry Planet	Surf Patrol
	51	51	51	PEACH	Friends	Seinfeld	Family Guy		Diary of a Mad Black Woman ** (2005, Comedy-Drama)		Kimberly Elise.	The Single
	206	206	206	PIX	(6:15) Frantic *** (1988, Suspense)			Food of the Gods II *** (1989, Horror)			To Die For *** (1995, Comedy-Drama)	
	67	67	67	RDI	RDI en direct (SC)		RDI en direct	400 fois Qué	Grands reportages NSA. (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Trailer Park	Billable Hours	ReGenesis (HDTV)		Blue Murder		Trailer Park	Kenny-Spenny
	40	40	40	SLICE	Skin Deep	Opening Soon	End of Leash	Til Debt-Part	Newlywed	In Laws	Shear Genius	Plastic-Perfect
	47	47	47	SPACE	Relic Hunter		StarGate SG-1		Star Trek: Voyager		Blood Ties (DVS)	Battlestar Gal
	14	14	14	SPIKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.	CSI: Crime Scn
	57	98	98	STAR	Host Favorites	Star Treatment	Look-A-Like	Hollywood	TMZ (N)	eTalk	Hollywood Sugar Mamas	Tonight Show
	21	21	21	TLC	What Not to Wear		What Not to Wear		Say Yes-Dress	Reception	Must Love Kids (HDTV) (N)	Triple Threat
cable variety	56	34	34	TROP	Tube Tales	Vanity Insanity	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld
	20	20	20	TVS	Que-champion	Journal de F2		Tout une histoire		Pas bête	La Prophétie d'Avignon	Zone des
	28	28	28	V	Mysterious Ways		Murder, She Wrote		Eyes Down	On the Buses	Quantum Leap	Jozi-H (DVS)
	22	22	22	W	Shopping Bags	House	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Good Naked
	251	251	251	WGN	My Wife-Kids	According-Jim	Two/Half Men	Family Guy	Beauty and the Geek		Reaper (HDTV)	WGN News

critics' corner

Kitchen Nightmares

"Kids. I don't know what's wrong with these kids today ... " It's great when the next generation joins the family business, not so great when they're jerks. That's the dilemma faced in this episode by the owner of a restaurant on New York's Long Island, whose son, the head chef, is alienating staff and customers alike. Time for Gordon Ramsay to play family counselor as well as restaurant reformer. 9 PM on FOX



Smokey Joe's Cafe: The Songs of Leiber and Stoller
If you didn't see it live on stage, you can still get some of "Smokey Joe's" magic through this special, which records the final performance of the longest-running musical revue in Broadway history. 9 PM on BRAVO

House

Oh, House. In this episode, a recent convert (Laura Silverman) to Hasidic Judaism collapses at her wedding. When House (Hugh Laurie) learns the patient used to be a party girl, he suspects a medical reason for her drastic lifestyle decision. Wilson's (Robert Sean Leonard) new romance also has House preoccupied — especially since the girl's a lot like him. 10 PM on FOX

ATLANITIC
VACUFLO
Est. 1984

**Our new
CENTRAL
VAC
CENTRE**

is located at
**174 TRIDER CRES.
Burnside, Dartmouth**

**We carry a
complete line of:**

- Vacuflo Central Vac Systems
- Pipe & Fittings
- Tools, Power Brushes & Hoses
- All Accessories for every Central Vac owner!

**SALES
INSTALLATION
SERVICE**

434-8459

Actors Brad Pitt and Angelina Jolie have shown off their month-old baby twins, Knox Leon and Vivienne Marcheline, for the first time in People magazine. The couple sold the rights to the first pictures to People for an estimated \$14 million US. **IMDB.COM**

Celebrity Buzz

Boy George talks about drug use

PEOPLE Boy George only quit drugs at the end of last year, femalefirst.co.uk reports.

The former Culture Club front man — who has revealed he used to be a heroin addict — says he spent much of the last five years taking illegal substances every day.

"I've been strung out on drugs for the last five years. But this time I'm clean for good. I don't want to die," he said. "I've spent five years in this chemical cloud. Getting clean at the end of 2007 was a very big thing. I was using half my

brain, half my personality on drugs. One day I took a little and then I was on four grams a day. Up until six months ago, I had a really bad problem."

The singer has now vowed to stay clean for good.

"A friend took me to a Narcotics Anonymous meeting and I was like an old f—ing man. I could barely walk I'd been using so much f—ing drugs," he added to Q magazine.

METRO NEWS SERVICES



ALL PHOTOS GETTY IMAGES

'Shifty' gives sobriety new shot

PEOPLE Crazytown front man Seth Binzer is having another go at sobriety after returning to the TV program Sober Living, imdb.com reports.

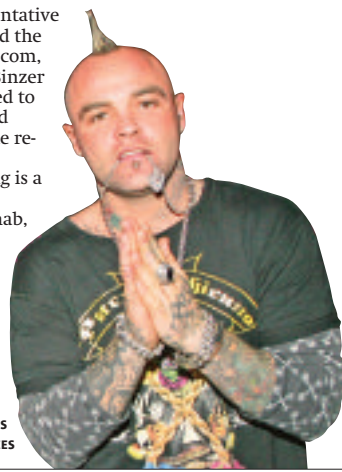
Late last month, the rocker walked out of the California mansion, where the show's contestants attempt to rebuild their lives without drink and drugs, and allegedly embarked on a heavy binge.

But Binzer — formerly known as Shifty Shellshock — has now re-entered the Sober Living house in an attempt to kick his habits once and for all.

His representative has confirmed the news to TMZ.com, adding that Binzer has apologized to his family and friends for the relapse.

Sober Living is a spinoff from Celebrity Rehab, which previously helped Binzer get clean with the assistance of addiction specialist Dr. Drew Pinsky.

METRO NEWS SERVICES



"This makes no sense at all..."

by Joe O'Neill

John Mayer helped make Jessica Simpson the woman she is today? OK, Jessica, I'm no therapist, but the first step in fixing what's broken is to stop pointing fingers at other and beginning to acknowledge your own personal responsibility in whatever disasters you have helped to create. This is true whether we're discussing your own life, or the Dukes of Hazzard movie.

Listen, I don't want to hear about Crazytown's front man getting clean and sober. I want my Crazytown in its original condition. Crazy! Like a town full of crazies. Listen up, Shifty Shellshock, there's a reason your band isn't called Well-Adjusted Village, or Level-headed Hamlet. Stay crazy, or lose me as a fan!

Pamela Anderson's ban on closeups is only a stop-gap measure. She has doctors working round the clock on perfecting the first "head transplant." Now if only she could find a donor. I wonder if they froze Jayne Mansfield's head? Could be a perfect match.

I pity Boy George. It's nice that he appears to have quit the junk, but inevitably someone's going to play his old Culture Club records for him. And that's more than anyone should be asked to endure without the aid of contraband substances.

NEWSDESK@METRONEWS.CA

celebrity brief

Jess knew she, John would split

RELATIONSHIPS Jessica Simpson always knew she would split up with John Mayer, because she felt destined to be with someone else, femalefirst.co.uk reports.

The pop star broke up with ex-husband Nick Lachey in 2005 after three years of marriage.

"I was going through a lot of pain," she tells the new issue of Elle magazine. "I didn't try anything to change my life

other than dating different types of guys and conforming to their worlds. I thought I had to be artsier, more intellectual ... John believed in the Jessica Simpson that's within. He cherished our love. He helped make me the woman I am today. John is going to be an amazing man for someone, but I know that I was supposed to be with someone else."

METRO NEWS SERVICES



Britney not dating staffer, publicist says

RELATIONSHIPS Britney Spears' publicist has denied she is dating her minder, after the pair was photographed enjoying a vacation together, femalefirst.co.uk reports.

The superstar singer and a security guard, known only as Lee, were spotted last week on a Mexico beach, prompting rumours of a romance.

METRO NEWS SERVICES



Jake, Reese deny engagement

RELATIONSHIPS Reps for actors Reese Witherspoon and Jake Gyllenhaal are denying tabloid reports that the couple are engaged, People.com reports.

"They are not engaged, getting married or any of the reports," the reps said, calling the reports "lies."

Witherspoon, 32 and Gyllenhaal, 27, began quietly dating in April 2007. They recently were seen together in Paris with Witherspoon's kids.

METRO NEWS SERVICES



Grey's writer axes tumour rumour

TELEVISION There will be plenty of heart-skipping developments come fall for Grey's Anatomy, but a brain tumour for Katherine Heigl's character Izzie Stevens won't be one of them, People.com reports.

Grey's Anatomy executive producer Shonda Rhimes says rumors of a medical crisis for Izzie are not true — but viewers can expect some "interesting sparks" between Alex and Izzie.

METRO NEWS SERVICES



Pam puts kibosh on closeups

TELEVISION Pamela Anderson has banned close-up shots of her face during filming of her new reality show, femalefirst.co.uk reports.

The actress, 41, is starring in Pam: Girl on the Loose.

"Pamela still looks fantastic but is clearly determined to look as great as possible on the show," a

source told Britain's Daily Express newspaper. "Producers have been informed she has to appear in only flattering lighting — and closeups on her face are apparently a no-no."

METRO NEWS SERVICES



Mary-Kate mum on Heath

PEOPLE Mary-Kate Olsen has reportedly refused to be interviewed over the accidental drug death of her friend, actor Heath Ledger, unless she receives immunity from prosecution, imdb.com reports.

Federal agents are keen to speak to Olsen because she was the first person called after her masseuse discovered Ledger's body in his

New York apartment in January.

Olsen "has refused to speak" and her lawyer, Michael Miller, reportedly claims she won't be interviewed "unless she gets immunity, exercising her constitutional rights."

"We are not going to comment on whether there is a criminal investigation," Miller said.

METRO NEWS SERVICES



Catherine's tryouts grate on hubby

MOVIES Catherine Zeta-Jones has annoyed husband Michael Douglas by speaking in a Scottish accent, imdb.com reports.

The actress plays a Scottish conwoman in new movie Death Defying Acts, and has been working on her accent non-stop since landing the part.

"Michael is really fed up with it," she says. "When we are on the phone ... he'll reply, 'It's me, enough already!'"

METRO NEWS SERVICES

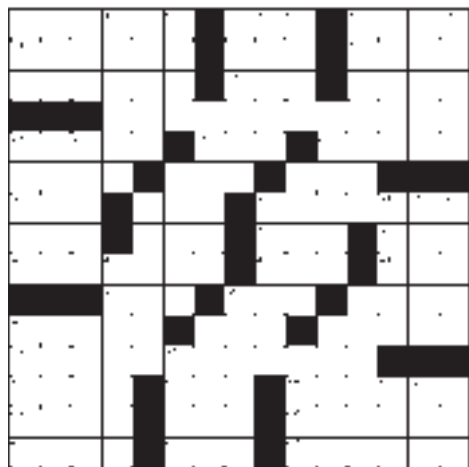


Bonet heading to Mars

Former Cosby Show star Lisa Bonet, right, is joining the cast of ABC's adaptation of the time-tripping U.K. cop drama *Life on Mars*. She will play Jason O'Mara's present-day girlfriend. [EW.COM](#)



Take Five



Crossword down

- 1 Attila subject
- 2 Time period
- 3 "Nature" channel
- 4 Evil laugh
- 5 Diarist — Nin
- 6 Gull cousin
- 7 Mortarboard feature
- 8 Caesar's tongue
- 9 Home, to Pierre
- 10 File cabinet contents
- 11 Tiny swimmer
- 12 Candy shapes
- 13 Rust away
- 21 Spooks
- 22 Avoided capture
- 23 Chubby
- 24 Food consumer
- 25 Maxim
- 29 Hacienda brick

- 30 Brings on board
- 32 Geronimo was one
- 33 Nut part
- 34 Cause-and-effect law
- 35 "— You Knocking"
- 36 Pram pusher
- 42 Most greasy
- 46 Planet courses
- 47 More disgusting
- 48 Resided
- 49 Blunder
- 50 Bean or horse
- 51 Ait
- 52 Loose rock
- 54 Freeway access
- 55 Sorry!
- 59 Ivy Leaguer
- 60 Society column word
- 61 QB objectives

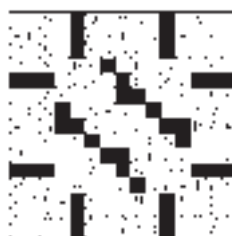
Crossword across

- 1 Jazz fan
- 7 RN forte
- 10 Make-up target
- 14 Debonair
- 15 Contented sigh
- 16 Actor — Sharif
- 17 Daytona 500 sponsor
- 18 Sault — Marie
- 19 News follower
- 20 Furniture buy (2 wds.)
- 23 Rings out
- 26 Farm flapper
- 27 Rental agreement
- 28 Fill the hull

- 29 Cyberspace service
- 30 Ben- —
- 31 Ms. Hagen of films
- 32 Blurbs
- 33 Soft leather
- 37 Jo's sister
- 38 Kitchen utensil
- 39 Previous to
- 40 Gotcha!
- 41 Ready-made houses
- 43 Autumn color
- 44 Stimpy's buddy
- 45 Poker card
- 46 Switch positions

- 47 Statuesque model
- 48 Third dimension
- 51 UK part
- 52 Creepy
- 53 Author's bane (2 wds.)
- 56 Urn homophone
- 57 "The Greatest"
- 58 Far East
- 62 Scads
- 63 Bumped into
- 64 Did KP work
- 65 Run slowly
- 66 Qt. parts
- 67 Weekly program

previous day's answer



This day in history

AUG. 5, 1305: William Wallace, who led Scottish resistance to England, is captured by the English near Glasgow and transported to London for trial and execution.

AUG. 5, 1861: The United States Army abolished flogging.

AUG. 5, 1884: The cornerstone for the Statue of Liberty is laid on Bedloe's Island in New York Harbor.

AUG. 5, 1914: In Cleveland, Ohio, the first electric traffic light is installed.

AUG. 5, 1969: As part of the Mariner program, Mariner 7 makes its closest fly-by of Mars (3,524 kilometres).

AUG. 5, 1981: Ronald Reagan fires 11,359 striking air-traffic controllers who ignored his order for them to return to work.

Join Metro's **950,000** daily readers.
Read Metro and metronews.ca daily!

metronews.ca



Do it daily.

SOURCE: NADbank 2007, read yesterday;
BASE: Montreal CMA, Ottawa-Gatineau CMA, Toronto CMA, Vancouver CMA



PREVIOUS DAY'S ANSWER

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME IN MINUTES:

previous day's answer

5	1	7	6	9	2	4	8	3
4	6	8	1	7	3	5	2	9
9	2	3	5	4	8	1	7	6
2	8	5	9	6	1	7	3	4
3	9	4	8	2	7	6	5	1
1	7	6	4	3	5	2	9	8
8	3	2	7	1	4	9	6	5
6	5	1	2	8	9	3	4	7
7	4	9	3	5	6	8	1	2

Under 13: Genius
13-17: Scholar

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Support is found for a proposed endeavour. You're seen as a force of nature. Progress is made in a passionate connection.

TAURUS

APRIL 21-MAY 21

Critical mass is reached in relationship issues. Random acts of kindness will delight you. Electricity problems cause distress.

GEMINI

MAY 22-JUNE 21

You will be as merry as the day is long. Don't be fooled by current events. Surprising notes are discussed.

CANCER

JUNE 22-JULY 22

Learn to fend for yourself. Someone's confusion will force you to think logically. Don't shut out the possibility of a complete cure.

LEO

JULY 23-AUG 23

Use your natural talent for making conquests. An annoying uncertainty crops up about a friend. Your dedication wins some points.

VIRGO

AUG 24-SEPT 22

Good fortune comes to you. A pushy person makes himself at home. You'll be getting ahead in romance.

LIBRA

SEPT 23-OCT 23

You'll back down quickly when you're wrong. Other people's selfishness gives you grief. The queen of denial is coming for a visit.

SCORPIO

OCT 24-NOV 22

An animated chat informs you of a performance. Get back to basics with a friend. A bad guy is intimidating because he has no respect.

SAGITTARIUS

NOV 23-DEC 21

A man won't rest till a problem is fixed. A disappointment determines the end of a discussion. Losing something causes no pain.

CAPRICORN

DEC 22-JAN 20

A powerful image generates an investment strategy. A callous remark affects your mood. Be rational about bitter deeds.

AQUARIUS

JAN 21-FEB 18

When others panic, you'll go with the flow. There's an amusing surprise in store. Meet with a traveller for help with a scheme.

PISCES

FEB 19-MAR 20

A man will try to do the right thing. Someone with integrity is a welcome addition. A wise guy trying to win a stupid game is humbled.

Sudoku

	3	1		9	8	2		
	6				4			9
			1	7				
		4				8	7	
			5		3			
	2	5				9		
				5	6			
4			7				6	
		6	4	3		1	2	

17-21: Smart
21-25: Not bad
25+: Keep practising
[more games metronews.ca](#)

Halifax weather

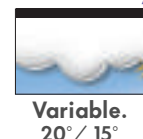
Afternoon



Tonight



Wednesday



Thursday



Friday



Temperature
Normals
High: 22.9°
Low: 14.8°

Records
High: 30.2°/1988
Low: 10°/1972

Sunrise: 6:05 a.m.
Sunset: 8:33 p.m.
Moonrise: 10:58 a.m.
Moonset: 10:17 p.m.

©The Weather Network 2008



NOW OFFERING
TRAFFIC ON
YOUR MOBILE!



Download TrafficEye Mobile™ at [theweathernetwork.com/mobile](#)

"I finally said goodbye to fatty long distance and roly poly roaming charges."



Koodo
mobile™

Good call



► FUTURE SHOP



The **BRICK**

WAL-MART

Zellers

(1) Local anytime minutes apply. (2) Excludes premium messages. Includes international text messages. (3) Unlimited local calling from 7pm to 8am, Monday through Thursday and from 7pm Friday to 8am Monday. (4) Taxes are extra. © 2008 Koodo Mobile.